



**The Parkinson Association
of Santa Barbara is a
non-profit that is:**

Dedicated to serving the local
community.

Not affiliated with any national
organization.

Open to all who want to come.
We charge no dues.

Actively supported by community
volunteers.

Reliant on generous donations from
participants and the general public.

“In the group you meet
people with a heart to care,
an ear to listen, a brain to
pick and a nudge in the right
direction.” —D. C. Collier

Contact the
**Parkinson
Association of
Santa Barbara**

To Participate • To Volunteer • To Donate

P.O. Box 6254, Santa Barbara, CA 93160-6254

805 683-1326 | mypasb@gmail.com

[Facebook.com/parkinsonassociationsb](https://www.facebook.com/parkinsonassociationsb)

www.mypasb.org



Most programs are held at St. Andrew's Presbyterian
Church, 45745, Auhay Drive, Santa Barbara.

To get the latest information about Parkinson's and
about our programs, ask to be put on our email list.

Photos by Marian Shapiro



Our Mission:

To offer education, motivation, and
friendship to help people with
Parkinson's, their caregivers, family
members and friends maintain a positive
quality of life.

Our programs empower people to
be proactive in managing their
day-to-day lives and in working to
delay the disease progression.



**“This organization has been a real life saver for me.
I can’t imagine life without PASB and all the kind
and generous people whom we have met.”**

—Lawrence Mason

Exercise Programs

Exercise is proven to delay progression of Parkinson’s Disease.

PASB offers fun, chair-based exercise classes set to music.

‘Move to Connect’ exercise classes

¡Latino Exercise Program! Programa de Ejercicios con Música en Español

Contact us for latest locations, days and times.



Support Groups

Support groups allow people dealing with Parkinson’s to share information and make personal connections. The facilitators are volunteers trained by the Center for Successful Aging. Groups respect confidentiality of all participants.



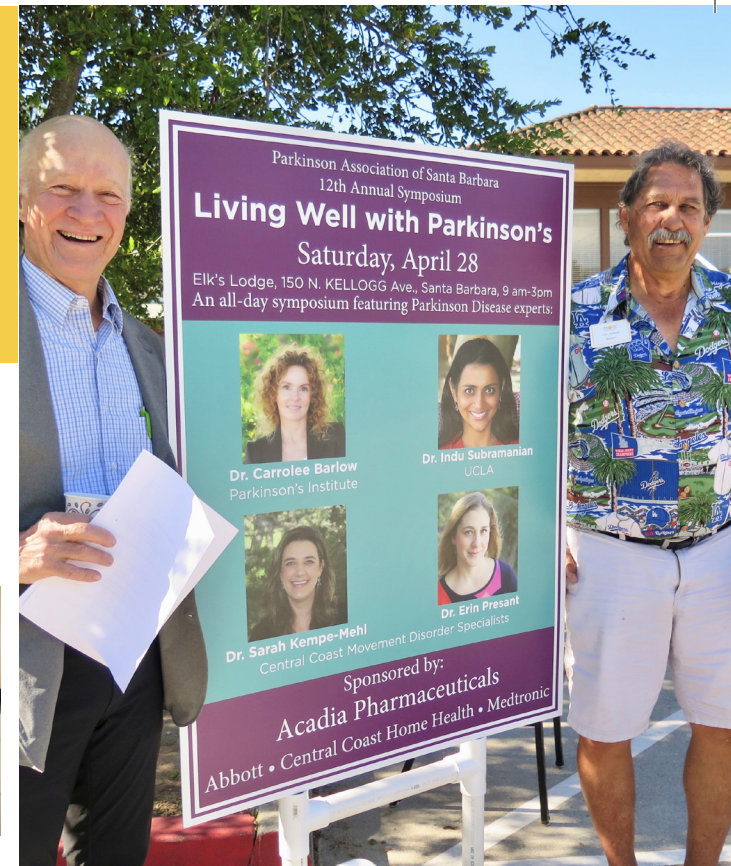
- **Care Partners’ Support Group**
- **Early Stage Parkinson’s Support Group**
- **Grief Support Group**

Contact us for latest locations, days and times.

Social Events

Through its activities, PASB has built a community of people who support one another in their common journey.

- Annual July picnic
- Annual Holiday Party
- Refreshment time before speakers



Educational Programs

Programs sponsored by PASB help people gain knowledge and feel empowered.

- **Monthly Speaker Meetings**
- **Annual all-day Symposium** featuring exhibitors and prominent speakers

Topics include the causes and symptoms of Parkinson’s Disease, latest treatments and medications, impact of diet, exercise and lifestyle, and helpful resources.

Contact us for latest locations, days and times.